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Asian/Pacific Heritage Month | CVW-7 Resumes

By MCSN Ridge Leoni 5 Star Staff Writer

rew members aboard the Nimitz-class aircraft carrier USS Dwight D. Eisenhower (CVN 69) (IKE) held an observance ceremony Saturday in the foc'sle to honor the historic contributions of Asian/Pacific Americans throughout history.

May is recognized nationally as Asian/Pacific American Heritage Month, and although IKE is currently underway in support of Operation Enduring Freedom, the crew took time to come together to learn and pay their respects to Asian/Pacific Americans during a ceremony hosted by the Multi-Cultural Committee.

The ceremony began with a friendly welcome from Senior Chief Air Traffic Controller (AW/SW) Gregory Carter, the master of ceremonies, who introduced Storekeeper Seaman Deon Smith of Supply Department, S-9 Division to sing the National Anthem.

See HERITAGE, Page 4



Photo by MCSN Ridge Leoni

YN3(SW) Denero Tagaloa and HN(SW) Brittany Haynes perform a Hawaiian, Tahitian and Samoan inspired dance.

Are Your Dogs Barking?



Photo by MC3 Nathan Parde

IKE's physical therapist, Lt. Trevor Petrou, shows several products that can be used to combat the effects of trapped moisture in Sailors' boots.

By MC3 Nathan Parde 5 Star Staff Writer

o your feet bark like dogs? If so, it is highly recommended to practice proper foot care methods to ensure that they are operationally ready to execute the mission each day.

According to Lt. Trevor Petrou, IKE's physical therapist and health promotions committee coordinator, foot injuries caused by moisture have always plagued service members.

"The importance of foot care in the military goes back to World War 1, when many soldiers developed what they referred to as trench foot or immersion foot because they were exposed to prolonged cold and moisture," said Petrou. "On IKE, we also show symptoms of trench foot as a result of prolonged exposure to moisture."

The first signs of this condition are a general redness or itching, especially in between the

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CVW-7 Resumes Flight Operations After a Historic Visit in Bahrain

MC2(SW) Adam Prince 5 Star Writer

The Nimitz-class aircraft carrier USS Dwight D. Eisenhower (CVN 69) and embarked Carrier Air Wing (CVW) 7 resumed flight operations today in support of Operation Enduring Freedom after completing a historic port visit to the Kingdom of Bahrain.

CVW-7 resumed close airpower support and reconnaissance missions supporting U.S. and International Security Assistance Force (ISAF) troops on the ground in Afghanistan.

"I look forward to seeing the air wing executing its primary mission and the many parts that it takes working together that make the mission possible," said Cmdr. Bryan Williams, CVW-7 operations officer. "We get daily updates on individual actions, stopping enemy fire, and protecting our troops."

King of Bahrain, His Majesty the King Hamad bin Isa Al Khalifa; the United States Ambassador to Bahrain J. Adam Ereli; Vice Adm. Bill Gortney, commander, U.S. Naval Forces Central Command, as well as other dignitaries and guests.

During the four-day port visit, Sailors participated in community relations (COMREL) projects and Morale, Welfare and Recreation (MWR) events.

"COMRELs during deployment enhance the Navy's relationship with the host nation," said Chief Petty Officer Michael W. Music, who organized the project at the Ali Primary School in Bahrain.

The last carrier to moor pier side in Bahrain was the 11,373-ton Commencement Bay-class escort aircraft carrier USS Rendova (CVE 114) in 1948. During her stay in Bahrain, Rendova hosted the current king's grandfather Sheikh Salman bin Hamad al-Khalifa, Emir of Bahrain.

"We get daily updates on individual actions, stopping enemy fire,

and protecting our troops."
- Cmdr. Bryan Williams

CVW-7 Operations Officer.

CVW-7 integrates closely with multinational coalition forces to prevent and counter Taliban attacks. Carrier aircraft provide close air-power support and deliver ordnance on enemy positions designated by ground forces. In many cases, the show of presence and the sound of military aircraft overhead deter Taliban forces from carrying out attacks on coalition forces.

Since deploying, CVW-7 has flown 3,370 sorties accumulating nearly 10,500 flight hours. Since arriving in the U.S. 5th Fleet area of operations, CVW-7 has flown 6,750 hours in support of coalition forces operating on the ground in Afghanistan.

While in port, the Eisenhower Carrier Strike Group hosted the

Visits by U.S. Navy ships symbolize the continued friendship and partnership between countries and military services, increasing cooperative engagement and exemplifying commitment to building trust and confidence among friends worldwide.

The Eisenhower Carrier Strike Group is deployed to the U.S. 5th Fleet area of operations as part of a regularly scheduled deployment in support of Operations Enduring Freedom and Iraqi Freedom as well as maritime security operations. Operations in the U.S. 5th Fleet are focused on reassuring regional partners of the United States' commitment to security, which promotes stability and global prosperity.

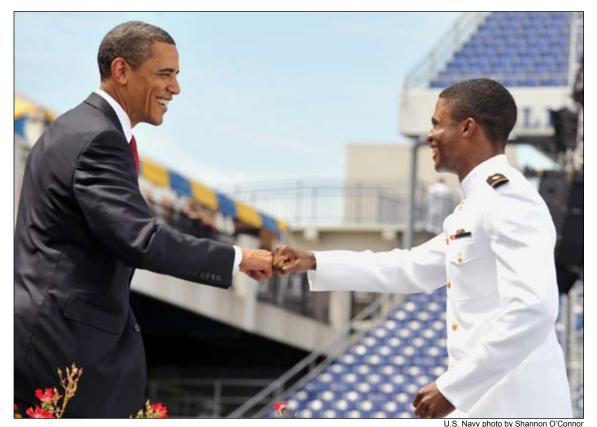
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Lows to 80







U.S. President Barack Obama congratulates a newly commissioned Navy ensign during the U.S. Naval Academy Class of 2009 graduation and commissioning ceremony. Obama delivered his first graduation speech as Commander-in-Chief to an audience of nearly 30,000 at Navy-Marine Corps Memorial Stadium in Annapolis, Md.

Troops Serve as Worldwide Examples

By Jim Garamone American Forces Press Service

ASHINGTON U.S. service members are the key to America's success in the world, President Barack Obama said at the U.S. Naval Academy graduation in Annapolis, Md. Friday.

"It's not the strength of our arms or the power of our technology that gives the United States our military dominance; it's our people," Obama said. "It's our sailors and Marines, soldiers and airmen and Coast Guardsmen who perform brilliantly in every mission we give them."

The president said service members serve as an example to Americans and others in the world and that their service fulfills the true meaning of citizenship. "In an era when too few citizens answer the call to service, to community or country, these Americans chose to serve," he said. "And they did so in a time of war, knowing they might be called upon to make the ultimate sacrifice.'

The newly commissioned officers in the Navy and Marine Corps do not chase outward markers of success, Obama said. "These Americans have embraced the virtues that we need most right now: self-discipline over self-interest, work over comfort, character over celebrity," he said.

And it is a diverse force that lives the U.S. motto of "Out of Many, One," Obama said.

The class of 2009 is defined by

the values of honor, courage and commitment, the president said. The young officers will need these values as they go into a force confronting many new and different challenges, he said.

"For history teaches us that the nations that grow comfortable with the old ways and complacent in the face of new threats, those nations do not long endure," he said. "In the 21st century, we do not have the luxury of deciding which challenges to prepare for and which to ignore. We must overcome the full spectrum of threats."

Service members and the president swear an oath to protect and defend the Constitution. "Yesterday I visited the National Archives and the hall that holds our Constitution, Declaration of Independence and the Bill of Rights," Obama said. "I went there because as our nation debates how to deal with the security challenges that we face, we must remember this enduring truth: the values and ideals in those documents are not simply words written into aging parchment, they are the bedrock of our liberty and our se-

'We uphold our fundamental principles and values not just because we choose to, but because we swear to. Not because they feel good, but because they help keep us safe."

Straying from these basic values not only undermines the rule of law, but also alienates the country from its allies, and gives enemies aid, Obama said. "So as Americans, we reject the false choice between our security and our ideals," he said. "We can and we must and we will protect both."

By swearing the oath, the new officers will defend American ideals and accept lives of sacrifice. "That is the oath you take, the life you choose, the promise you make to America," the president said.

But the commander in chief also made a promise. "I will only send you into harm's way when it is absolutely necessary, and with the strategy, the well-defined goals, the equipment and the support you need to get the job done," he said. "This includes the job of bringing the Iraq war to a responsible end, and pursuing a new comprehensive strategy to disrupt, dismantle and defeat al-Qaida and its allies in Afghanistan and Pakistan."

The president also promised that all aspects of the federal government will participate in this conflict, "so that you and the rest of our military do not bear the burden of our security alone."

Obama told the class of 2009 that in months or years or decades from now, to remember their academy days and the motto on their rings: "Devotion to Honor, Strength from Courage."

"Live these values. Live these virtues. Emulate the deeds of those who have gone before you," he said. "Do this and you will not only distinguish yourselves as sailors and Marines. You will be in the lead as we write the next proud chapter in the story of the country we love."

Navy Helicopter Crew Members Identified



An undated file photo provided by family members of Lt. Allison M. Oubre, 27, of Slidell, La. Oubre was one of the five members of Helicopter Anti-submarine Squadron (HS) 6 involved in the crash of a U.S. Navy HH-60 Seahawk helicopter May 19.

Commander Naval Air Forces Public Affairs

AN DIEGO - The names of the five Helicopter Anti-submarine Squadron (HS) 6 aircrew involved in the crash of a Navy HH-60 Seahawk helicopter the evening of May 19 were released May 21.

They are:

- Lt. Cmdr. Eric J. Purvis, 37, of Poway, Calif.

- Lt. Allison M. Oubre, 27, of Slidell, La.

- Naval Air Crewman 1st Class (AW/NAC) Samuel "Grant" Kerslake, 41, of Hot Springs, Ark.

- Naval Air Crewman 2nd Class (AW/NAC) Aaron L. Clingman, 25, of Bend, Ore.

- Naval Air Crewman 3rd Class (AW/NAC) Sean M. Ward, 20, of Lovelock, Nev.

The bodies of three crew members were recovered from the crash area May 20 during



An undated file photo provided by family members of Naval Air Crewman 3rd Class Sean M. Ward, 20, of Lovelock, Nev. Ward was one of the five members of Helicopter Anti-submarine Squadron (HS) 6 involved in the crash of a U.S. Navy HH-60 Seahawk helicopter May 19

search and rescue (SAR) operations conducted by assets from the U.S. Navy, U.S. Coast Guard, San Diego Harbor Police, Customs and Border Protection and the Mexican Navy.

Earlier May 21, officials concluded that aircrew survivability was extremely unlikely and suspended those SAR efforts. The Navy's search efforts are now focused on the feasibility of salvage operations.

The helicopter crashed into the ocean while conducting training operations during a composite training unit exercise (COMP-

HS-6 is homeported in San Diego and is part of Carrier Air Wing (CVW) 11 assigned to the USS Nimitz Carrier Strike Group (CSG). The helicopter was operating from USS Nimitz (CVN 68) when the mishap occurred.

The mishap is under investi-

Physical Fitness Plan of the Week Note

If you are like millions of Americans who need to lose a few pounds of fat and tone up, aerobic and muscular fitness activity is important. Some people try dieting alone, only to find themselves frequently going on and off their diet. Dieting alone can cause several problems. Physical activity increases the number of calories that your body burns up and helps develop more muscle mass, which will burn even more calories when you're not exercising.

3M Question of the Day

The word "DANGER/WARNING" on a MRC signifies that the operating procedures, practices, etc., if not followed correctly may lead to:

> Personnel injury or death Answer:

IKE's Weekly Chapel Services

Sunday

8:30 a.m. Catholic Mass Foc'sle 8:30 a.m. Lutheran Communion Service Chapel 10 a.m. General Protestant Service Foc'sle 10 a.m. LDS Service Chapel 11:15 a.m. Gospel Service Foc'sle 5 p.m. Bible Study Chapel

Monday

11 a.m. Catholic Mass Chapel 12:15 p.m. Intercessory Prayer

Tuesday

11 a.m. Catholic Mass Chapel 7 p.m. Bible Study Chapel

8 p.m. Catholic Religious Education Class Chapel

Wednesday 11 a.m. Catholic Mass Chapel

12 p.m. Midweek Protestant Fellowship Chapel 4 p.m. Catholic Devotion Chapel 7:30 p.m. Bible Study ENG Classroom

Thursday

11 a.m. Catholic Mass Chapel

1 p.m. Friends of Bill W Chapel

10 a.m. Contemporary Protestant Service Chapel

11 a.m. Catholic Mass Chapel

3:30 p.m. Basic Korean Language Class Chapel

4:30 p.m. Officer Christian Fellowship Chapel 7 p.m. Jewish Sabbath Service Chapel 8 p.m. CPO Christian Fellowship Chapel

Saturday

11 a.m. Seventh-day Adventist Fellowship Chapel

5 p.m. Catholic Mass (for Sunday) Chapel 6 p.m. Friends of Bill W. Chapel

7 p.m. Protestant Choir Practice Chapel

8 p.m. Catholic Choir Practice Chapel 8 p.m. Gospel Choir Practice Foc'sle

PROFILE/SPORTS





More Questions Than Answers at French Open Draw

By Christopher Clarey Times Digest

ARIS — Whatever language they came in, there was no shortage of questions on Friday as the world's leading tennis players took turns meeting the press, or the blogosphere, or whatever one meets these days when the microphones and cameras are switched on.

It is now a French Open tradition to pile on the news conferences on the Friday of the tournament draw, and in marched the stars, with Novak Djokovic looking particularly satisfied, Serena Williams looking particularly edgy and Andy Murray looking at the screen on his cellphone for what seemed like an eternity before finally lifting his chin to acknowledge his inquisitors.

But for all the cast changes there was one dominant line of questioning with the French Open, tennis's most important clay-court tournament, set to begin Sunday. Just what was the meaning of Roger Federer's defeat of Rafael Nadal in Madrid last week?

There is no doubting Nadal's dominance on clay. He has, after all, never lost at Roland Garros, winning four titles in a row without being pushed to so much as a fifth set. He has lost only two matches on clay anywhere in the last two seasons.

But Federer's surprise victory, which came the day after Nadal's dramatic, threeset victory over Djokovic in the Madrid semifinals, has caused a quick shift in tone in the lead-up to this Grand Slam. Djokovic's fine showing, in which he held three match points, and Federer's sparkling, attacking play down the stretch in Madrid have at least introduced the possibility that a record fifth straight victory for Nadal in

Paris is not a foregone conclusion.

"I'm delighted to be here," Federer said. "I'm in good shape mentally. When someone dominates a surface like Rafael, it's good to see that he can lose and that Djokovic played well against him and that if you play well, it's possible to beat him.

"If it's been 40 matches in a row on clay, and you can't beat him, you're more pessimistic. But if you play well, there's always a chance. That's good. But in the end you have to concentrate on yourself. I'll see what comes out of it."

Federer had not won a tournament this season until Madrid and had lost to Nadal five times in a row, losing the No. 1 ranking and his aura of invincibility. "To have to repeat yourself and explain yourself is not really fun," he said. "Sometimes you start almost to think whether it would be better to perhaps not play a tournament. Not because you're afraid. But because you don't feel like explaining yourself."

Meanwhile, Nadal, despite his undeniably strong ties to Spain, sounded delighted to be out of his capital and back on French soil and at a lower altitude.

"Madrid was very difficult tournament, no?" he said. "The court was very fast. The ball was flying a lot. It was very difficult to control the ball, and I didn't play very well in Madrid during all the tournament. Only one set and a half in the semifinals against Novak. The rest I didn't play well."

If form is respected, Friday's draw did not produce anything too daunting for any of the men's favorites in the early rounds. Nadal will face MarcosDaniel of Brazil in his opening round and is in the same eighth of the draw as David Ferrer, his tough Spanish compatriot, whom he beat in the Barcelona final earlier this year.

Federer will face Alberto Martin, a Spanish 30-year-old who once upset Pete Sampras but whose career is now faltering. Federer is in the same quarter with the Frenchman Gaël Monfils, who has not played of late because of knee problems; and with the Americans Andy Roddick and James Blake, neither of whom has experienced significant success at Roland Garros over the years.

But, for a change, he does have the potential disadvantage of having Djokovic in his half of the draw. Djokovic, seeded fourth, has lost to Nadal here the last three years: in the quarterfinals in 2006 and in the semifinals in 2007 and 2008. This year the only round in which the Serb could play Nadal is in the final.

Instead of Djokovic, Nadal has the third-seeded Murray in his half. Clay has traditionally not been Murray's best surface, despite his decision to move to Spain as a junior and train on the surface. But Murray, who will face Juan Ignacio Chela of Argentina in the first round here, has had a successful clay-court season so far, reaching the semifinals in Monte Carlo and the quarterfinals in Madrid.

Serena Williams has not had nearly as reassuring a spring. When the season began, performing well at Roland Garros was her highest priority after a shock defeat in the third round here last year to Katarina Srebotnik. But knee problems have disrupted her preparation. She has lost all three of her clay-court matches, and to players ranked far below her. She was beaten by Klara Zakopalova of the Czech Republic in Marbella and by the Swiss veteran Patty Schnyder in Rome and forced to retire from her opening-round match in Madrid after losing the opening set to Francesca Schiavone of Italy.

While most of her peers looked content to play the question-and-answer game on Friday, Williams looked as if she had just been dragged into the room by tournament personnel. Most of her answers were short enough to be Twitter messages.

"I'm all better now, thanks," she said of her health.

"I don't think I'm the favorite coming in," Williams, who is seeded second, said. "That's, you know, it is what it is. I'm glad to be here more than anything."

How long she will stay here is the bigger question. She faces Zakopalova in the first round. Time and Grand Slam tournaments past have proved that counting out Williams is a losing strategy, but this is also the Grand Slam tournament that has been the biggest challenge for her. Since winning it in 2002, she has yet to return to the final.

MLB SCORES

FRIDAY

Baltimore 4 Washington 2 Detroit 4, Colorado 3 Philadelphia 7, Yankees 3 Cincinnati 3, Cleveland 1 Mets 5, Boston 3 Tampa Bay 15, Florida 2
Atlanta 1, Toronto 0
Texas 6, Houston 5
Chicago White Sox 2, Pittsburgh 0
St. Louis 5, Kansas City 0



ABEAN Erik R. Meyer

WARRIORS OF THE WEEK





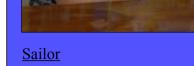


Sailor AWR3(NAC) David J. Bellows

AIR/V-2

Squadron HS-5











HN(SW) Brittany Haynes performs a variety of traditional Asian/Pacific Is-

Lt. Edward Lin speaks at the Asian/Pacific American Heritage Month Celebration about the contributions and sacrifices Asian/Pacific Americans have made and gone through in American history.

HERITAGE, From Page 1

IKE's Commanding Officer Capt. Dee L. Mewbourne shared with the audience the importance of having diversity in the military today.

"This is a fantastic time to come together, celebrate and recognize the many cultures and backgrounds in our Navy. It's the diversity that makes our military strong. We serve alongside one another and in one uniform which

makes us equal," said Mewbourne. "It wasn't always a diverse country and those before us worked hard to make it the way it is today, so that is why we recognize our many different cultures year round."

Lt. Edward Lin, the ceremony's guest speaker for the observance, spoke about his experience of being a first generation immigrant from Taiwan.

"It is astonishing to realize the amount of diversity among the American people that is Asian/

Pacific American. In the Asian/ Pacific community, their heritage goes back thousands of miles and they can trace their roots back to at least 25 different nationalities, and more that 75 different languages," said Lin. "This month, as we celebrate our heritage, we pay tribute to those great pioneers of our great community."

Lt. Kyu Lee, a Navy chaplain aboard IKE, sang a traditional Korean Christian song in the English and Korean that his father would

sing to him as child.

lander dances.

A dance selection inspired by Hawaiian, Tahitian and Samoan culture was performed by Yeoman 3rd Class (SW) Denero Tagaloa of Administration Department, X-1 Division and Hospital Corpsman Seaman (SW) Brittany Haynes of Health Services Department, Medical Division.

IKE's Command Master Chief (AW/SW) Bryan Exum closed the celebration with a few remarks encouraging people to get to know

their shipmate's culture, introducing Machinist Mate Fireman Timothy Atwater of Reactor Department, Reactor Propulsion Division, who brought the crowd to standing ovation after singing and playing a tradition Hawaiian song on the Ukulele.

"Take the opportunity to get to know your fellow shipmates, because you may learn something about them you never would have known. Everyone has an incredible story," Exum said.

PHOTOS OF THE WEEK





Photo by MC3 Zulema Sotelo

Sailors visit the Tree of Life in Bahrain, one of the mysteries of the world that is a four-century old mesquite tree that is able to survive in the midst of the desert.



Photo by MC3 Zulema Sotelo

FC2 Daniel Burgner rides a camel during a trip to a camel farm at a Morale, Welfare and Recreation sponsored tour.



Photo by MC3 Nathan Parde

Photo by MC3 Nathan Parde

A walkway of one of the Grand Mosque in Bahrain, displaying Islamic and Arabic architectural details. Sailors took a tour the of Ahmed Al-fateh Islamic Center as part of a Morale, Welfare and Recreation sponsored tour.



ANNOUNCEMENTS



FEET, From Page 1

toes, said Petrou. Foot moisture that results from improper foot care can cause dry, wrinkled or cracked skin. Therefore, it's the responsibility of the Sailor to practice proper foot care, said

"It is difficult to control the level of moisture and maintain dry feet in a high temperature region with a high operational tempo," said Petrou. "Therefore, it is important to take certain measures to prevent injury and be mission effective."

Over-the-counter antifungal powders or creams can help control the fungus and infection that is caused by moisture, but there are several other practical measures that can also be employed to prevent or treat the condi-

Some of these methods include changing into a fresh, dry pair of socks at least once a day and thoroughly washing and drying your feet daily, wearing shower shoes in common areas such as berthing and the head and sleeping barefoot at night, allowing one's feet to air out, explained Petrou.

"These are all preventative and corrective measures to keep Sailors' feet healthy," said Petrou. "However, we also offer advance care if a foot condition develops to the point where a physician or health care provider's assistance is needed."

Another foot condition that is fairly common amongst Sailors is an ingrown toenail. Petrou said the best way to prevent ingrown toenails from happening is to wear boots that properly fit.

"Boots that are too big can cause blisters, and boots that are too tight can cause nails to become ingrown," said

Channel 5

Petrou. "Finally, it is important to replace a pair of boots when they become too worn."

As an assistant therapist, Hospital Corpsman 2nd Class (SW/AW) Elizabeth Gasparik of Health Services Department, Medical Division explained another side of foot care.

"In physical therapy, we specialize in rehabbing injuries," said Gasparik. "This usually involves treating foot injuries that are distinguished by a direct

Factors that determine what kind of care or treatment is needed include how long the pain has bothered a Sailor, the severity of the condition and where the injury is located.

Gasparik said the most common foot injury that medical sees in physical therapy is plantar fasciitis. This injury occurs when the tendon that runs from the heel of the foot to the ball of the foot, the plantar fascia, is stretched too far during exercises or while running up and down ladderwells. As a result, it becomes inflamed, explained Gasparik.

Gasparik added that the best way to combat foot injuries is stretching.

"In physical therapy, we stress the importance of stretching in treating and preventing injuries," said Gasparik. "By staying loose and limber and maintaining a good level of flexibility, Sailors will be less likely to tear tendons in their foot or hurt themselves."

In closing, Gasparik shared that taking care of one's feet first can lead to a healthier lifestyle overall.

"Everything starts with your feet," said Gasparik. "How they are treated can affect how you feel in the rest of your body, so it is important to treat them right."

Channel 6



SUNDAY'S AFT MESS DECK **CHOW MENU** LUNCH

Teriyaki Ginger Glazed Chicken & Grilled Fish Salmon DINNER

Seafood Newburg & Prime Rib

Commanding Officer: CAPT Dee Ľ. Mewbourne

Public Affairs Officer: LCDR Thurraya S. Kent

Assistant Public Affairs Officer: ENS Beth A. Gauck

Visual Information Officer: LTJG Benjamin Addison

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DAY'S IKE MOVII

9 a.m.	Who's Your Caddy?	9 a.m.	Feel the Noise	9 a.m.	Resident Evil: Extinction	9 a.m.	Basic First Aid
11 a.m.	Blades of Glory	11 a.m.	A Fistful of Dollars	11 a.m.	Waist Deep	11 a.m.	Overcoming Anger
1 p.m.	History of the World: Part	11 p.m.	The Lake House	1 p.m.	Alien vs. Predator - Requiem	1 p.m.	Heat Stress Prevention
3 p.m.	Smart People	3 p.m.	The Unborn	3 p.m.	Slow Burn 2007	3 p.m.	Basic First Aid
5 p.m.	King's Ransom	5 p.m.	Platoon	5 p.m.	The Scorpion King	5 p.m.	Overcoming Anger
7 p.m.	IKE News Re-Broadcast	7 p.m.	IKE News Re-Broadcast	7 p.m.	IKE News Re-Broadcast	7 p.m.	IKE News Re-Broadcast
8:30 p.m.	Who's Your Caddy?	8:30 p.m.	Feel the Noise	8:30 p.m.	Resident Evil: Extinction	8:30 p.m.	Heat Stress Prevention
10 p.m.	Blades of Glory	10 p.m.	A Fistful of Dollars	10 p.m.	Waist Deep	10 p.m.	Basic First Aid
12 a.m.	History of the World: Part	112 a.m.	The Lake House	12 a.m.	Alien vs. Predator - Requiem	12 a.m.	Overcoming Anger
2 a.m.	Smart People	2 a.m.	The Unborn	2 a.m.	Slow Burn 2007	2 a.m.	Heat Stress Prevention
4 a.m.	King's Ransom	4 a.m.	Platoon	4 a.m.	The Scorpion King	4 a.m.	Basic First Aid